

*For more information, contact
your local District Office.*

Berlin District Office
650 Main Street, Suite 200
Berlin, NH 03570-2496
Phone: 752-7800 or
800-972-6111

Claremont District Office
17 Water Street, Suite 301
Claremont, NH 03743-2280
Phone: 542-9544 or
800-982-1001

Concord District Office
40 Terrill Park Drive
Concord, NH 03301-9955
Phone: 271-0 or
800-322-9191

Conway District Office
73 Hobbs Street
Conway, NH 03818-6188
Phone: 447-3841 or
800-552-4628

Keene District Office
111 Key Road
Keene, NH 03431
Phone: 357-3510 or
800-624-9700

Laconia District Office
65 Beacon Street West
Laconia, NH 03246-9988
Phone: 524-4485 or
800-322-2121

Littleton District Office
80 North Littleton Road
Littleton, NH 03561-3841
Phone: 444-6786 or
800-552-8959

Manchester District Office
1050 Perimeter Road, Suite 501
Manchester, NH 03103-3303
Phone: 668-2330 or
800-852-7493

Southern District Office
26 Whipple St.
Nashua, NH 03060-2496
Phone: 883-7726 or
800-852-0632

Seacoast District Office
19 Rye Street
Portsmouth, NH 03801-2862
Phone: 433-8300 or
800-821-0326

Rochester District Office
150 Wakefield Street, Suite 22
Rochester, NH 03867-1309
Phone: 332-9120 or
800-862-5300



Supplemental Nutrition Assistance Program (SNAP)

***SNAP - an investment in
your good health***

*Supplemental Nutrition Assistance Program
Bureau of Family Assistance
NH Department of Health and Human Services
129 Pleasant Street
Concord, NH 03301
www.dhhs.nh.gov*



Food is the first best medicine you can take.

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is about preventing hunger and promoting health. It exists to keep New Hampshire residents from going hungry by providing a way to buy healthy foods. It serves children, seniors, people with disabilities, and working or unemployed people of all ages.



SNAP is not a welfare program. It is a program that was created by Congress to help farmers and you.

By participating SNAP, farmers receive federal economic assistance to help them stay in business while you receive a way to buy nutritionally sound food.

What can I buy with SNAP benefits?

SNAP benefits can be used to buy food, nothing else. Congress made certain that you are free to buy any type of food you choose, including vegetable seeds. SNAP benefits cannot be used to buy paper products, vitamins, soaps, or any other non-food item.



How do I apply?

To apply for SNAP, simply call **1-800-852-3345 ext. 9700** and our Client Services representative will tell you where to apply. If you are age 60 or over, or are disabled, or can show a hardship, you may apply from home. You will get your benefits faster if you come into our office. Our office locations are listed on the back of this brochure.

What should I bring?

You can help us make a fast decision by bringing any paystubs, bank statements, rent receipts, mortgage payments and utility bills with you. We'll review your income, cashable assets, and expenses to see if you qualify.

How long does it take?

We have 30 days to determine eligibility. However, if you act quickly to get us the information we request, we can usually get your benefits to you sooner. If you qualify for emergency SNAP benefits, you will receive them within seven days.

How much in benefits will I get?

Your benefits are based on your income and household expenses. After your first month, benefits are posted to your account automatically on the 5th of every month.

Do I call you if my income changes?

If you receive assistance from another program in addition to SNAP, you must report all changes in income. If you



get SNAP benefits only, we'll tell you when you need to report changes and what changes need to be reported.

Can others see me using SNAP benefits?

No. SNAP benefits are electronic. To spend SNAP benefits at a grocery checkout lane, you simply swipe a bank-type debit card through the point-of-sale device, like any other debit card customer. Your SNAP account balance will show on your receipt.

Can you help me find a job?

Yes. The SNAP Employment & Training (SNAP E&T) program can help you with your job search when you get SNAP benefits and are not getting FANF cash assistance. You are able to get help with your job search mileage costs too. Call 1-800-852-3345 x 9329 to learn more.

What if I quit or refuse a suitable job?

Talk to your FSS before you quit or refuse a job. Your FSS will determine if you have a good reason to quit. Quitting a job without a good reason while you get SNAP benefits will make you ineligible for benefits.